

## Bodytree Studio ADULT DANCE AND FITNESS SCHEDULE Ramadan

MORNING	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	KEY
9:15am	Dance Cardio* 9:15-10am (Anissa)	Bodytree Body* Advanced (Nadia & Anissa)	Bodytree Body Bounce* (Anya)	Bodytree Body* Advanced (Nadia/Anissa)	Zumba & Tone (Ceci)			Trainers must be worn for all Zumba classes.
10am	Bodytree Body Shred* 10:15-11:15am (Anissa)	Xtend Barre* 10:45-11:45am (Anya)	Zumba & Tone 10:30-11:30 (Ceci)	Bodytree Body Bounce* 10:45-11:45am (Anya)	Xtend Barre* 10:45-11:45am (Anya)			Bodytree Body (BTB) classes with * require pre-booking & pre-payment. Trainers must be worn for all BTB & Dance Cardio classes.
12pm	Adult Ballet Intermediate 12-1:15pm (Susie)			Adult Ballet Intermediate 12-1:15pm (Susie)				Please tie your hair up for adult ballet and note ballet shoes are required.
EVENING								
4:30pm			Xtend Barre (Anya)					All classes are ladies only unless specified as mixed. We suggest pre-booking to avoid disappointment. For classes with an asterisk* we highly recommend pre-booking.
5:30pm	Bodytree Body Bounce (Anya)	Bodytree Body (Anya)	Bodytree Body Shred (Anya)	Bodytree Body (Anya)				